



OK foods (unlimited) **Green** --- Limit foods **Orange** --- Avoid foods **Red**

<p><b>Vegetables</b>          Artichoke          Arugula          Asparagus          Bamboo shoots          Beet greens          Bok choy          Broccoli          Brussel sprouts          Burdock root          Cabbage          Carrots~ raw(organic)          Cauliflower          Celeriac          Celery (organic)          Chives          Collard greens          Chard          Cucumber          Dandelion greens          Endive          Escarole          Fennel          Garlic          Jicama          Kale          Kohlrabi          Leeks          Lettuces          Mustard greens          Okra          Onions (organic)          Parsley          Radishes          Rutabaga          Scallions          Shallots          Spaghetti squash          Spinach (organic)          Sprouts (mould-free)          Shiitake mushrooms~fresh (cooked)          Swiss chard          Turnips          Watercress          Yellow Squash (low starch)          Zucchini</p>	<p><b>Fruit</b>          (if tolerated, use in rotation)          Avocado          Lemons or Limes (organic)          Cranberries (sugar &amp; sulphite-free)          Rhubarb</p>	<p><b>Nuts &amp; Seeds</b> (soaked or sprouted)          (Ideally purchase refrigerated from store with high turnover)          Almonds -raw          Brazil nuts          Filberts          Macadamia nuts          Pine nuts          Seeds:          Pumpkin          Sesame          Sunflower          Hemp seeds- (shelled)</p>
<p><b>Nightshade vegetables</b>          (allergenic, use only in rotation and only if tolerated)          Bell peppers          Cayenne          Chili pepper          Eggplant          Ground Cherry          Pepino          Paprika          Pimento          Tomato          Tomatillo</p>	<p><b>Organic Meat, Fish &amp; Eggs</b>          Antelope          Beef          Buffalo          Chicken          Cornish hen          Duck          Goose          Game birds          Lamb          Rabbit          Veal          Venison          Other natural meats          Chicken eggs: (Organic. Caution- eggs can be allergenic ,use in rotation if tolerated)          Goose, Pheasant, Turkey eggs (organic)</p>	<p><b>Nut &amp; Seed Butters</b> (raw)          (Use sparingly to avoid excess mucous production)          Almond          Macadamia          Hemp nut          Pumpkin seed          Sesame (tahini)          Sunflower</p>
<p><b>Spices</b>          Organic fresh herbs.          Dried fresh spices (less than 6 mos. old)          Keep dry to prevent mold growth.</p>	<p><b>Fish</b>          (caution- fish is a source of mercury &amp; other toxins, use sparingly, 2 or less servings/week)          All organically farmed fish          Oily (high EFA) Fish Include: herring, kippers, pilchards, sardines, sprats, trout (not farmed), whitebait, anchovies, carp (farmed) and mussels.          Non oily (low EFA): striped farmed bass, white bass, pacific cod, Dover sole, Alaskan and pacific halibut, red mullet, cold-water prawns, tilapia and turbot. (For a more complete list and to regularly check for up to date health &amp; ecological information:  <a href="http://www.oceansalive.org/home.cfm">http://www.oceansalive.org/home.cfm</a>)</p>	<p><b>Fats &amp; Oils</b>          (For detailed information see Diet FAQ on Fats &amp; Oils)          High quality, cold-pressed oils stored in dark container (most need refrigeration)          Flax (for raw consumption only)          Pumpkin          Hemp          Sesame          Extra virgin olive (store in cool place)  <b>Best oils for cooking:</b>          Ghee          Organic coconut butter          Organic palm oil          Olive oil</p>
	<p><b>Sweeteners</b>          Stevia extract-solvent&amp; additive-free          Chicolin natural chicory extract          Vegetable Glycerine (GMO free &amp; coconut/palm or beet sourced)          Yacon syrup</p>	<p><b>Legumes</b> (soaked &amp;/or sprouted)          Aduki beans          Black beans          Black eyed peas          Brown lentils          Chick peas          Green beans (organic)          Green lentils          Kidney beans          Lupini beans          Mung beans          Navy beans          Snow peas          String beans</p>
	<p><b>Beverages</b>          Purified water          Lemon or lime water          Kolorex Tea (anti-fungal)          Pau D'Arco tea (anti-fungal)          Roobios tea (anti-oxidant)          all natural herbal teas -(high quality or fresh to reduce risk of mold contamination)          Sparkling water/soda water          Fresh non-sweet veggie juices          Diluted 100% lemon or cranberry Juice - can be diluted with water or sparkling water and sweetened with stevia.          Nut Milks sweetened w/stevia chicolin</p>	<p><b>Starchy Legumes</b>          (use in moderation)          Pinto          Romano          Black eyed peas          Great Northern beans</p> <p><b>Miscellaneous</b>          Brine soaked pickles or olives          Water from young raw organic coconut</p>



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<p><b>Vegetables</b>            Sweet potato (organic)            Cassava            Carrots cooked (organic)            Parsnips            Potato            Beets            Pumpkin            Starchy squash (all but Spaghetti or yellow squash which are OK foods)            Yams</p>	<p><b>Meat, Fish &amp; Eggs</b>            Pork (as tolerated - only uncured un-smoked and un-sweetened)</p>	<p><b>Grains &amp; Seeds</b> (Types 1, 2, 3, 4)  <b>Type - 1</b>            Gluten Free Low Glycemic Grains or Seeds            Buckwheat    <b>Type -2</b>            Gluten Free, High Glycemic Grains or Seeds -use sparingly            Millet            All Rice (White rice is low in nutrients and fiber- use sparingly and eat with fibrous veggies)    <b>Type- 3</b>            also known as 'Bonus Limits'            Gluten Free, Low Glycemic, High-Protein            Grains/Seeds            Amaranth            Quinoa            Wild rice            Teff    <b>Type- 4</b>            Glutenous Whole Grains- Use cautiously, in Stage Three of diet only (if tolerated)            Barley            Kamut            Oats            Rye            Spelt            Whole grain pasta from any of the above grains</p>
<p><b>Legumes</b>            Fava beans            Peas            Red lentils            Lima Beans</p>	<p><b>Raw Fruits, (raw)</b>            (For cautious use in Stage Two and Three of diet only if tolerated)            Apples (organic)            Apricot            Blueberry            Grapefruit (organic)            Peach (organic)            Pears            Pineapple            Plums            Strawberries (organic)            Raspberries (organic)</p>	
<p><b>Beverages/Juices</b>            (do not need to count as limits)            Carrot and beet juices            (1/4 cup servings)</p>	<p><b>Sweeteners</b>            Carob            Food grade vegetable glycerin (can be Allergenic, especially if corn sourced)</p>	
<p><b>Potential Allergens</b>            Do not need to count as limits, except corn and potatoes. Use only organic. Use rarely (not more than 1 or 2 times per week) and only if cravings or symptoms are not triggered.            Goat or sheep cheese            Goat or sheep yogurt            Goat or sheep kefir            Corn (counts as limit)            Non GMO soy            Potatoes – white, yellow, red (counts as limit)            Organic Cow Kefir            Organic Coconut (soaked)            Organic unsulfured whole coconut milk</p>	<p><b>Miscellaneous</b>            (Use with careful observation if tolerated. Fermentation can cause reactions.)            Lactic acid fermented sauerkraut            Lactic acid fermented veggies            3 year aged miso            3 year aged tamari (organic)            Apple Cider Vinegar            Black pepper            Mayonnaise (organic)            Organic cocoa (if well tolerated – can take Yellow Sun Ultra-Pure Cal/Mag with cocoa to counteract acidity)</p>	

NOTE: It's recommended that all foods be organic and non GMO (genetically modified). For those marked organic, this is particularly important.



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<b>Vegetables</b> Pickled with white vinegar	<b>Sweeteners</b> Artificial sweeteners Barley malt Brown sugar Corn syrup Granulated & powdered sugar Date sugar Dextrose Fructose Glucose Maple syrup Mannitol Molasses Monosaccharides Sorbitol Sucralose Sucrose Turbinado sugar Xylitol	<b>Miscellaneous</b> Yeast including: Bakers yeast Brewers yeast Nutritional yeast Yeast-leavened bakery products Yeast containing vitamins (look for those labeled "yeast free") Caffeine Edible fungi White vinegar Mustard Ketchup Worcestershire BBQ sauce Mayonnaise Maltodextrin Refined, cooked, hydrogenated, fractionated or superheated vegetable oils (see Healthy Fats and Oils FAW in Diet Section of WholeApproach Support Forum)
<b>Beverages</b> Fruit juices Soda pop Alcoholic beverages Coffee Black Tea	<b>'Better Quality' Organic Sweeteners</b> Fruit Sugars Honey Maple syrup Organic agave syrup Organic cane sugar Organic molasses Rice syrup	<b>Dairy</b> Butter Milk Cream Cow yogurt Cow kefir Ice cream Sour cream Whipped cream Cow cheeses
<b>Meat, Fish &amp; Eggs</b> Smoked & processed meats: Smoked fish Pickled meat Smoked or cured meat Sausage Hot dogs Corned beef Pastrami Ham	<b>Nut &amp; Seed Butters</b> Peanut butter	
<b>Nuts &amp; Seeds</b> Peanuts Roasted, salted nuts Pistachios Pecans Walnuts Cashews	<b>Grains &amp; Seeds</b> Wheat Cous Cous Bulgar Wheat Semolina Wheat Durham Wheat	
<b>Fruits</b> Dried or candied fruits Bananas Figs Grapes Mango Papaya		

**Additional comments:**

Mold grows in leftover food unless it is properly refrigerated. Use well sealed glass containers appropriately sized and don't keep for more than one extra day. Freezing leftovers is best.

Avoid hidden sugars in foods. Read Labels! Often, there are hidden sugars in: baking mixes, ketchup, salad dressings, pickles, luncheon meats, breads, dips, peanut butter, prepared seafood, frozen vegetables, crackers, tartar sauce, soups and sweetened yogurt. Ingredients that end in the letters "ose" are typically sugars.

Soaking and sprouting, seeds, grains and beans make them easier to digest, and, in the case of beans (which are usually cooked after), makes them cook faster. For general instructions, see the related post in the Diet FAQ's section on the WholeApproach Support Forum at [www.wholeapproachforums.com](http://www.wholeapproachforums.com).